



**TITAN**  
*FITNESS*



## OWNER'S MANUAL

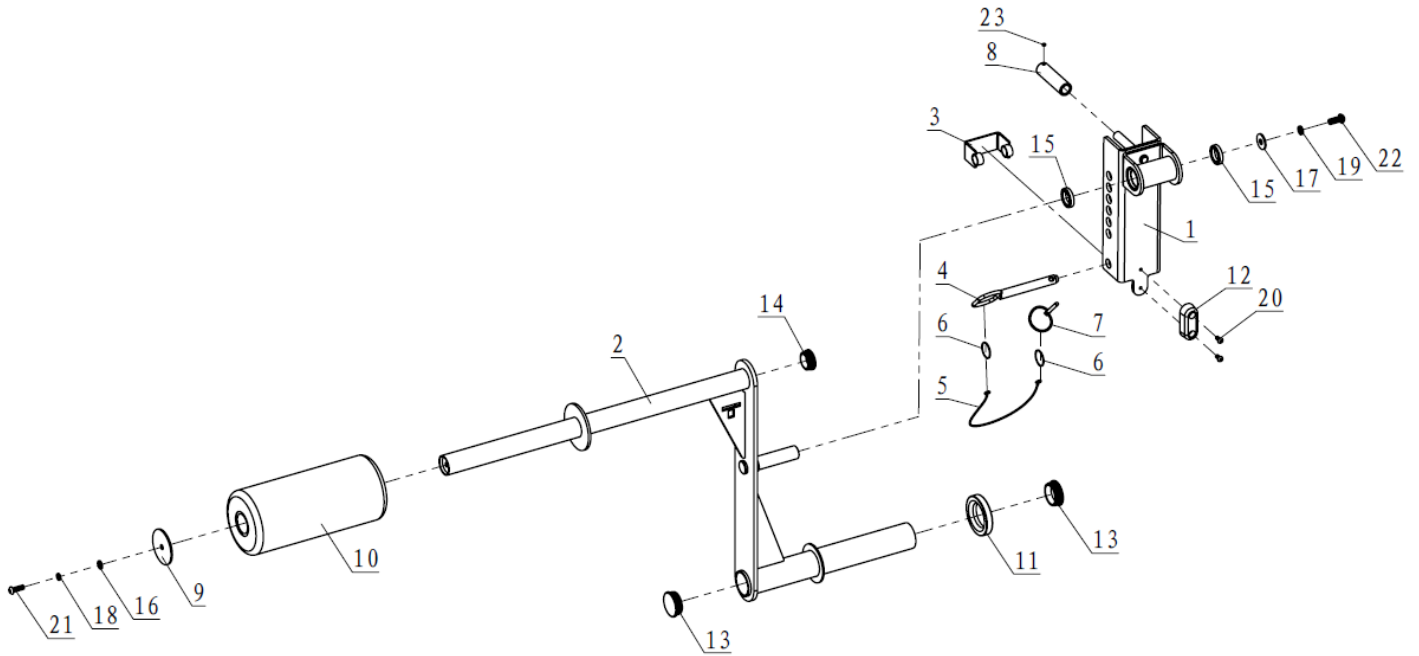
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**MPN(s):** RMNCKMN

**SKU(s):** 401081

**UPC(s):** 840009214462

# PARTS DIAGRAM / EXPLODED VIEW



KEY	BOX	DESCRIPTION	QTY	KEY	BOX	DESCRIPTION	QT
(1)	1	Fixing Frame	1	(13)	1	End Cap $\Phi 48*2$	2
(2)	1	Swing Frame	1	(14)	1	End Cap $\Phi 38*2$	1
(3)	1	Limit Frame	1	(15)	1	Bearing 61805ZZ	2
(4)	1	Pin	1	(16)	1	Flat Washer $\Phi 9*\Phi 16*1.6$	1
(5)	1	Small Cable $\Phi 5.5*\Phi 1.6*330$	1	(17)	1	Flat Washer $\Phi 10.5*\Phi 30*2.5$	1
(6)	1	Pull Ring $\Phi 1.5*31$	2	(18)	1	Spring Washer $\Phi 8$	1
(7)	1	Small Pin $\Phi 6*45$	1	(19)	1	Spring Washer $\Phi 10$	1
(8)	1	Sleeve	1	(20)	1	Hex Bolt M6*12	2
(9)	1	Foam Washer $\Phi 68.5*\Phi 9.5*3$	1	(21)	1	Hex Bolt M8*25	1
(10)	1	FOAM	1	(22)	1	Hex Bolt M10*25	1
(11)	1	Rubber Bumper	1	(23)	1	Screw M6*4	1
(12)	1	Stopper	1				

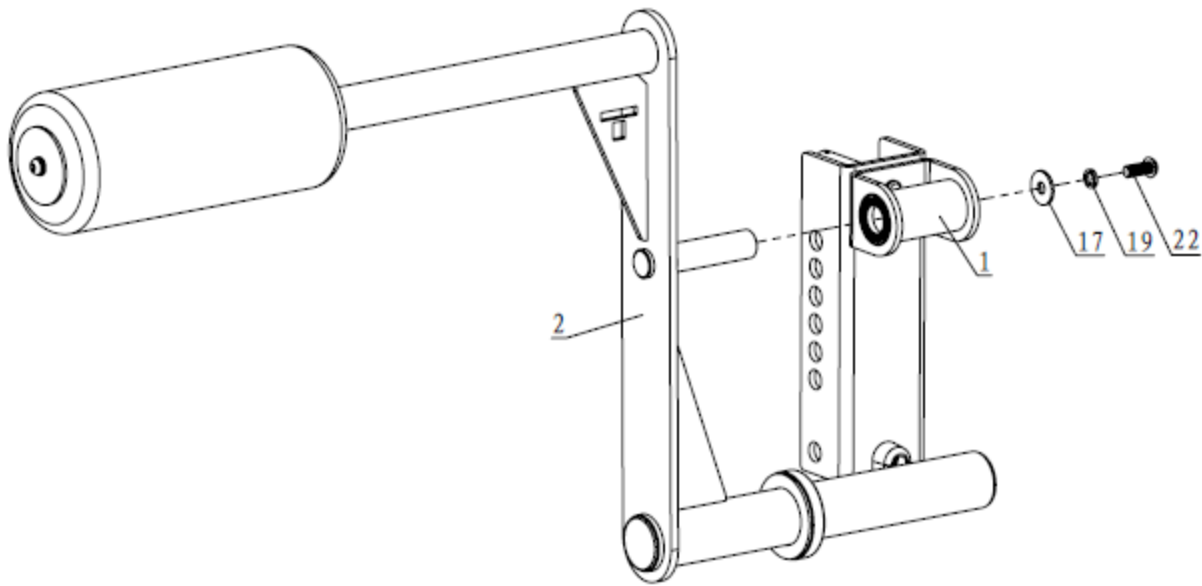


# ASSEMBLY INSTRUCTIONS

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## STEP 1

Connect the Fixing Frame (1) and Swing frame (2), using Flat Washer  $\Phi 10.5 \times \Phi 30 \times 2.5$ (17),  $\Phi 16$  Spring Washer (19), and Hex Bolt M10\*25(11).



# ASSEMBLY INSTRUCTIONS

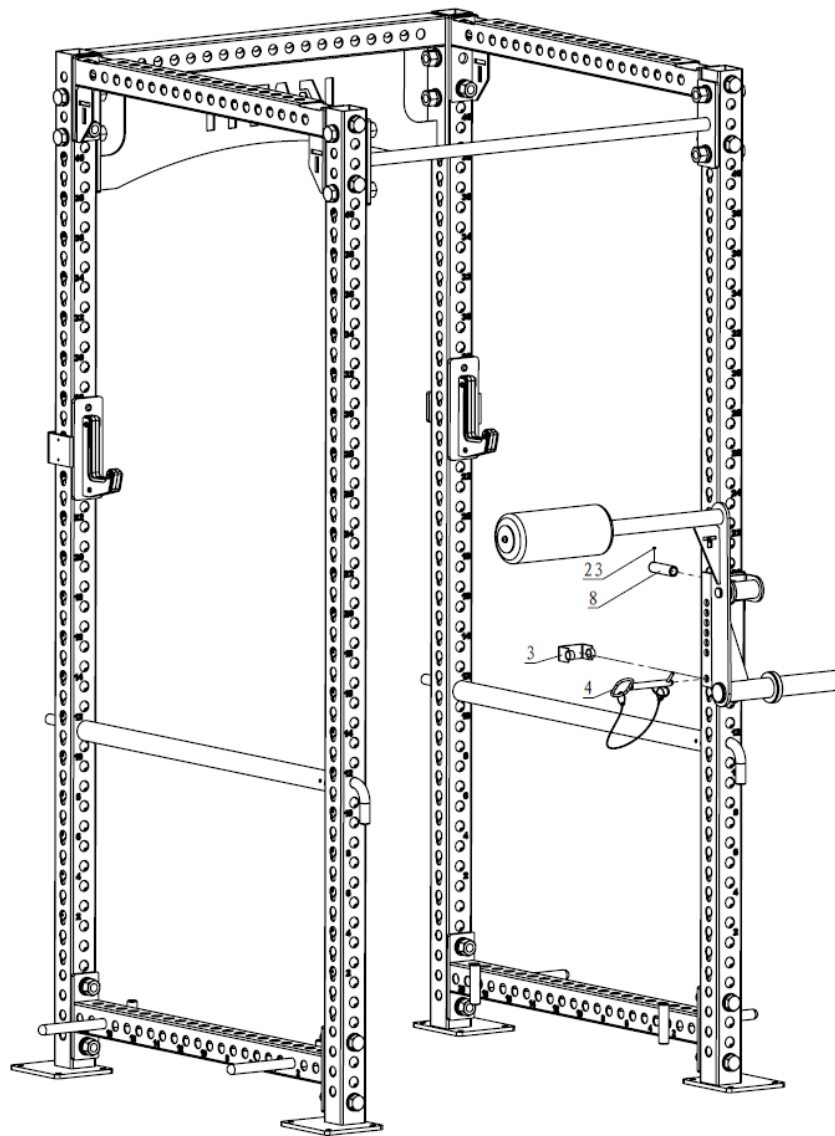
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## STEP 2

Assemble the Neck Machine on the Upright Frame of Power Rack, using Limit Frame (3) Sleeve (8), Pin (4), and Screw M6\*4(23).

### PAY ATTENTION:

Neck Machine can be used with different Power Rack such as T3, X3, FR75, etc. Please use Limit frame (3), Sleeve (8) and other accessories according to your needs.





*This concludes the RMNCKMN Owner's Manual.  
If applicable to your product, make sure to tighten  
all nut-and-bolt combinations before use.*

*Enjoy!*

### **DISCLAIMER**

This equipment must be used with care by capable and competent individuals under supervision, if necessary.

The use of any fitness equipment, including this one, involves the potential risk of injury. You accept and assume full responsibility for any and all injuries, damages (both economic and non-economic), and losses of any type, which may occur, and you fully and forever release and discharge Titan, its insurers, employees, officers, directors, associates, and agents from any and all claims, demands, damages, rights of action, or causes of action, present or future, whether the same be known or unknown, anticipated, or unanticipated, resulting from or arising out of the use of said equipment.

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**NEED HELP?**

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